

BOW VALLEY RESOURCE

Including Arrowwood, Milo, Queenstown, Shouldice and Mossleigh

Volume 4, No. 31.

OF ARROWWOOD, ALTA., MAR. 28, 1935

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Arrowwood Social Credit Study Group Notes

A meeting of the Arrowwood Social Credit Study Group was held in Cranton Hall Tuesday evening and was the best attended meeting so far held. About seventy-five were present. Mr. P. H. Coleman took the chair and the meeting opened with the singing of "O Canada." Mr. Taylor was called on for a short talk and gave it to the satisfaction of all. His subject was "The Perfect Cycle." A piano solo by Miss Patricia Coleman was very much enjoyed. An appreciation is expressed to her, also to Mr. Omer Larsen for the use of his radio. Several questions were asked, resulting in a considerable discussion. Mr. Aberhart's broadcast was brought in and answered some of the questions that had been asked. Dr. E. J. Liesmer was elected chairman for the next meeting and Mr. J. Hesketh for the meeting of April 9th. Membership buttons and cards were passed out, the paid up membership now being 40.

The attendance at these weekly meetings is gratifying and should justify the executive in getting a good speaker once in a while. One of the features is the introduction of a question box. If you have a question to ask, write it out and drop it in the box and someone will do his best to answer it. Next meeting, Tuesday April 2nd, at 8 p.m. Everybody welcome.

Altar Society Card Party

A smaller crowd than usual assembled Wednesday last in Cranton Hall for the regular monthly bridge and whist party. This did not interfere with the enthusiasm as everyone spent a very enjoyable evening. The winners of the prizes were:

Bridge—Ladies: Miss Irene Hesketh; Gents: Mr. D. Dahl; Consolation, Mrs. Clifford. Mr. F. Johnson. Whist—Ladies: Mrs. T. Board; Gents: Mr. H. McCollough; Consolation, Mrs. C. Archambault and Mr. G. Weist. The final party of the season will be held early in April (the exact date to be announced next week). At the conclusion the grand prizes to the highest aggregate scores will be awarded. A chicken lunch will be a fitting climax to the season's gaiety. There will be no extra charge.

Buffalo Hill News

The horse business is quite active these days. Several buyers have been in the district, trying to pick up some horses to ship East and to the United States. Wm. Marshall disposed of some and Hest Goldthorpe sold several head at very good prices.

Mr. R. E. House and "Shorty" House were Calgary visitors last Monday and Tuesday.

Mr. N. Speer is back at the Gaylen Jones farm. His son Donald, is working for Mr. Roscoe Shatto.

The well driller at the farm of Mr. A. H. Thayer was successful in getting a good supply of water by deepening the old well.

The well drilled on the Hudson Bay land of Dave Munsey, which contained a considerable quantity of water when finished, has suddenly gone dry. The water was heard rushing out of the well and disappearing into a cavity. This was very discouraging after so much work and expense.

On Friday, March 29th a play, entitled "Hen-pecked Roger," will be staged in the Union Jack School by the Young People's Club of Bow. This will be followed by a dance under the auspices of the Eastway Ladies' Social Club.

Angry Mob Breaks Up Forced Sale

A determined mob of angry farmers at Loak this week prevented at a sheriff's sale to gather one of their neighbors losing his property and bought in livestock, a binder and an automobile at such ridiculous prices that the sale was abandoned.

The sale took place on the farm of Ernest Fougnette, west of Loak, to satisfy a court order, for alimony granted Mrs. Fougnette last fall, and counsel fees.

A horse sold for 35c, a binder fetched 35c, another horse 24c and a car, in fair condition, fetched the heights of a 50c bid.

Then the sale ended, the auctioneer cancelling the widely attended show when he was unable to get any worthwhile bids.—Western Producer.

THE MIDGETS are looking forward to Friday night and hope that everybody will patronize them by attending the dance. Good Music has been obtained and a good time is assured.

Shouldice News

The dance held in the Shouldice Hall last Friday evening was well attended and a good time was had by all. The music was furnished by the Bremner Orchestra.

Miss Clara Service of Gleichen was a week-end visitor at the home of her Aunt, Mrs. D. Kuill.

Miss H. Kenzangh was a visitor at the Bubbelke home in Queenstown over the week end.

We are sorry to learn that Mr. and Mrs. G. Williams have been ill from the effects of the cold which seems to be bothering a great many people.

Miss Brown of Vulcan has been the guest of Mr. and Mrs. Edwards the past week returning to her home Sunday last accompanied by Mr. and Mrs. Edwards.

Mr. and Mrs. Yuill were visitors to Gleichen on Sunday.

We are wondering if the March weather we are having with its fierce winds will ever stop.

The auction sale held at the Blackfoot Farm was well attended.

Miss E. Blower was pleasantly surprised on her birthday March 21, when a number of her friends motored out to the Jeffers Farm. The guests were Mr. and Mrs. Williams, Misses Vera and E. Blower, Mr. and Mrs. Blower, Messrs. C. Reid, S. Brown, P. Brown, L. Jeffers, H. Hansen. Cards were enjoyed by all and a delicious lunch was served.

The Pictures

The main feature at the Arrowwood Theatre on Friday March 29 is a thrilling mystery story entitled "The Crime Doctor." There will also be a good comedy.

A Supreme Court Justice Speaks

(By the Hon. Lewis L. Fawcett, Justice of the Supreme Court of the State of New York, after watching a grain procession file past his bench for twenty-eight years):

We have facilities for regular cleaning, the home can be kept clean at all times, and spring cleaning is just an extra polish in keeping with the spirit of the season.

Just as houses used to be smothered in heavy carpets and hangings, so the human body was laden with heavy woollens the women cleansing themselves. (Continued on page 5)

Milo News

Mrs. G. Vennieland returned from Calgary last Monday.

Milo High School Banquet and dance will be held in the Oddfellows' Hall on Friday, March 19th.

Mr. and Mrs. W. Herman and daughter, Louise, were visitors to Vulcan last week.

Mrs. Raymond Peterson has returned home from the Vulcan Hospital and is recovering nicely.

Mrs. Robert Thomas has been confined to the house suffering with a bad attack of the flu.

Mrs. P. H. Coleman, of Arrowwood, teacher Piano, Voice, Theory, Harmony, Counterpoint, History and Form in Milo every Wednesday. Piano Class in Arrowwood School every Tuesday at 3.30. Pupils may enter at any period of the year.

Church of the Brethren News

Business meeting at the church next Tuesday at 1.30 p.m.

Lenten theme "Living Up" "Broken Pitchers" will be the Pastor's Sunday morning subject.

The Pastor will wear old, ragged clothes for the preaching of the evening sermon. You are heartily invited to attend.

The interest in the Prayer services has been wonderfully gratifying. Only two services have not materialized so far. One lady said "Why didn't we start these last October?" Some in whose homes no service has been held are asking that arrangements be made for such a service after the series ends. How commendable! Others have mentioned continuing the prayer service at the church preceding the public meetings on Sunday evenings. Fine!

Following are the prayer meetings for the remainder of March:

Thursday at the Berries home

Friday in the H. Brown home

Saturday at Grandma Beagles

Sunday March 31 at the Church, leader Evelyn Barrie

Come and Meet Mademoiselle From Armentieres

The Gleichen and Queenstown branches of the B.E.S.L. are holding their annual Variety Dance at Queenstown on April 3rd, 1935. Novelty dances and prizes. The Orchestra—The Prairie Ramblers from Calgary. The biggest event of the season.

Arrowwood Notes

Mr. A. Phillips was a business visitor to Calgary on Monday.

Remember the Midgets' hockey dance in the Arrowwood School this Friday night.

The Altar Society will meet this afternoon at the home of Mrs. J. A. Rainville.

The W.A. Bazaar and supper, held in Cranton Hall last Saturday was well attended.

Mr. and Mrs. John Mackie and family of Carseland were visiting Arrowwood on Wednesday.

Lost—One Silver Fox (Vixen). Any information regarding the same will be appreciated by the owner. Reward, W. D. Sharpe.

Piano class work conducted by Mrs. P. H. Coleman Consolidated School. Pupils may enter at any period of the year.

For a change serve Palm Ice as a dessert—you will enjoy it. The Arrowwood Bakery keeps a supply on hand.

Mrs. T. A. Kelly was a visitor to Arrowwood last week, returning to Calgary on Thursday, where her three daughters are attending school.

Mr. and Mrs. J. S. Oulp, Mrs. Lawrence Larsen and Grandma Beagle were visitors to Rocky Mountain last Saturday. They spent Sunday in Iricana, returning home that night.

Jim Mackie, who for the past few months has been working at Rocky Mountain House, is visiting with his parents this week. He intends to return to Rocky Mountain House Monday.

Rev. John Wisland delivered a very instructive address to the Arrowwood High School Literary Society last Friday on the topic, "Choosing a Vocation." The students greatly appreciated the talk.

Mr. J. Hesketh, local butcher, plans on rendering up to the minute service to the rural districts adjoining the town by making his first trip Tuesday next week. A supply of fresh meats, carried in the specially built refrigerator apartment, will be on hand for those desirous of making purchases.

About 70 friends of Mr. and Mrs. S. Moss were present at a reception for the newly-weds last Thursday evening at the home of Mr. and Mrs. John Mason. A large number of worthwhile gifts were received. A dainty lunch was served bringing the evening to a close.

A renowned judge said: "Approximately 3,000 cases were brought before me in my five and one-half years of service on the bench in the county court of Brooklyn, N.Y. During all that time I never had to try a man who was at the time of the alleged offense, or ever had been, an active member of a church."

For Sale—Buff Orpington setting hens, Price 75c each while they last. A. E. Starling Arrowwood. Leave enquiries at Resource Office.

To Develop Capacity of the Bell Refinery

Additional Unit Will Double Volume of Plant

Immediate construction of additional to the Bell refinery at Calgary which will boost the capacity of the plant to 1500 barrels of crude oil daily, doubling the previous capacity was announced by Floyd Huff, Refinery Manager, recently.

Mr. Huff stated the storage capacity would be increased by a 175,000 gallon tank, making the total storage capacity 1,500,000 gallons, compared with 200,000 when the refinery commenced operations three years ago.

Added equipment will include two new "pipe stills, one of which is a semi-cracker designed for treatment of heavier grades of crude oil.

The Bell Refinery, stated Mr. Huff, is receiving deliveries from the Model, Spooner, Homestead, Mercury and Oil and Gas Products companies in Turner Valley.

Mr. Huff added that the enlargement of the refinery was due to a satisfactory increase in business during the past year.

Queenstown Items

Four cars journeyed from Lomond to Queenstown to complete a badminton tournament. The games were enjoyed by all. After the tournament lunch was served.

Mr. and Mrs. O'Leary and W. McCabe were business visitors to Calgary last Monday.

We are pleased to note that Mr. Haldor Hegland is slowly improving after his accident and is able to walk with the aid of crutches.

The Veterans are busy preparing for their annual Viny Banquet and dance to be held on April 3. They are expecting a large crowd.

The Badminton Club gave a bridge party on Saturday evening. There were eight tables and everyone had an enjoyable time. After the cards a lovely lunch was served.

Mr. and Mrs. Sloan and son have moved to the Leahy Farm West of town.

Mr. J. McLaughlin and Mrs. A. Miller journeyed to Stafford Alta, on March 25. On their return they hope to be accompanied by Mr. and Mrs. W. Sturman and family.

For Sale Cheap—11-month old Hereford Bull, well-bred. Don Beagle, Arrowwood.

When In Doubt

Serve

Palm Ice Cream

(The Cream of them all)

Always Available

at the

Arrowwood Bakery

ATTENTION FARMERS AND DEALERS

BELL GASOLINE and TRACTOR FUELS

More Power - Greater Economy

Bell Gasoline - No. 1, 2 and 3 Grades

Tractor Fuels fully refined, sweet and clean. Products of Alberta's largest INDEPENDENT REFINERY

Bell Tractor Kerosene - Non Taxable
Bell Tractor Distillate - Non Taxable
Bell Tractor Gasoline - Taxable

Enquire for Prices, also Special Dealers' Contract

BELL REFINING COMPANY LIMITED
CALGARY - ALBERTA

New War On Grasshoppers

Menace Serious As Last Year
Alberta Farmers Told

Just as relentless a war against grasshoppers will have to be waged this summer and fall as last year, say Alberta farmers or tremendous financial loss will result, Lieut-Col. B. H. Strickland, professor of entomology at the University of Alberta, who was a visitor in Calgary, stated.

It is known that millions of grasshoppers will be massed ready for action as soon as their feeding season begins, but the counter offensive is more highly organized than ever before, due to the experience in the past, resulting in a greater appreciation by farmers of the seriousness of the menace.

Col. Strickland stated that the present outlook in regard to the grasshopper menace was as serious as it was this time last year. In 1934, he said, very considerable damage was done by the insects, but the damage was inconsiderable when compared with the grasshopper plague between 1919 and 1922, when crops on farms everywhere in the province were wiped out.

Efforts are still being carried on to discover new methods to fight grasshoppers, according to Col. Strickland, but, so far, the most practical and efficient method has been the systematic scattering of poison bait.

News.

Saad Tea

now has a blend
for every purse

Yellow Label

5c

BROWN LABEL • 65c 1 lb.
ORANGE PEKOE • 80c 1 lb.
All leaders in their class

Man's Priceless Possessions

To keep one's head in times of emergency and crisis, remain cool, refrain from excess emotionalism, hysteria and panic, is a sign of strength, and men and women who display these characteristics prove to be the real leaders of their fellow citizens. That leadership may be demonstrated without uttering a word or doing anything spectacular, but merely by being unafraid, natural and unconcerned.

This truth was impressed upon the other day by an incident reported in the daily press in connection with a fire which broke out on a railway car between Moose Jaw and Regina. There was a rush of frightened passengers to the rear door. One man urged calmness and an orderly exit, but little heed was paid to him. But another passenger remained quietly in his seat, looking with unconcern out of the car window. His attitude impressed others with the fact that there was little danger and no need for undue alarm. People quieted down and a near panic was averted.

The world is passing through the stress and emergency of an unprecedented economic depression. It is a time to try the calibre of men and nations. Under prevailing conditions the striking of a small spark might easily cause an explosion, and a small flame spread into a great conflagration. There are individuals in all countries striving to take advantage of the present situation to stir up trouble. They are playing on the emotions of their fellow citizens, emotions which have been stirred to the depths by the personal problems, difficulties, sufferings and loss which they have been and still are confronted. Times are ripe for the demagogue and the stirrer up of strife to ply their trade, reckless of what the final outcome might be.

But the strong men and women of the world, those who can be depended upon in times of emergency, are proving to be the real leaders in most countries. Were it not so almost universal chaos would by now be the lot of people everywhere. In this time of testing, the Canadian people have demonstrated their sanity and their strength. Notwithstanding all our problems and difficulties, and there are in no sense or degree to be minimized, the people of Canada, taken as a whole, have kept their heads, remained cool, and avoided panicky action.

In some countries people have so lost confidence in themselves and so given way to panic and become the victims of emotionalism that they have sacrificed personal rights and liberties almost over night which it had taken generations of struggle by their forefathers to achieve for them. Thoughtlessly, in a spirit of panic, they surrendered some of the great fundamentals of life and living because they allowed others to unduly sway their emotions and neglected to keep cool and think for themselves rather than allow others to think and act for them.

Because this is so, the hands of the clock of progress have been turned back in such countries, and their future is dark and discouraging compared with those other nations where the people, and their leaders, have kept their feet firmly planted on the ground and never bled and minds clear.

To-day in Canada and throughout the British Empire all people still enjoy that great safeguard of freedom which is guaranteed by a free and uncontrolled press and the utmost freedom in expression. Every man and woman, no matter what his or her station in life, is absolutely free to express opinions, publicly or privately, in relation to any and all matters of public policy. They are just as free to criticize and condemn as they are to applaud and praise. If they are dissatisfied and opposed to those in presently in positions of authority, they are free to express their dissatisfaction and to organize to give force to their opposition.

No government agent sits in any newspaper office in Canada, no file of censorship orders lies on any editor's desk which must be obeyed. The radio, the pulpit, the public platform, is just as free to opponents of present governmental policies as they are to supporters of those policies. This is not so in many of the countries of the world. Hundreds of millions of people are now denied free expression of their views, opposition to the powers-that-be is prohibited, even the news of the day is censored, suppressed, altogether, or colored to suit the views and policies of the prevailing dictator.

The essential fact for all Canadians to ever keep in mind is that, even if a so-called economic security could be obtained by them through these autocratic methods, the price to be paid is altogether too great. A slave may enjoy security provided by his master, but the fact remains he is a slave and nothing more, and what Canadian citizen desires to become a slave?

What the whole world is in danger of losing, unless the very people who have most to lose keep their heads, are the very fundamentals of civilization, namely, the liberties of the individual citizen. Once those personal liberties are lost, the rights of the citizen are null and void. The price of power and authority, it will be the great masses of the people, deprived of their democratic institutions and liberties, who will be the sufferers. Once lost, the struggle to regain these priceless liberties will have to be recommenced because man was born to be free. The battle to restore civilization, liberty and equality will again have to be fought.

Liberty, freedom, personal rights are priceless possessions. They should never be surrendered for anything else, no matter how attractive that something else may be dressed up and presented. Nothing else, not everything else, can repay man for the loss of freedom of expression and liberty of action.

Edwardsburg

Edwardsburg

EDWARDSBURG

AN ENERGY FOOD THAT HAS
MORE CANADIAN CHILDREN
THAN ANY OTHER CORN
SYRUP

A product of The Canada Starch Co. Limited

Little Journeys In Science

PROTEINS

(By Gordon H. Quest, M.A.)

Proteins are very complex substances which always contain the element nitrogen. Proteolipin cannot be formed without proteins, and thus we see that life itself is dependent upon them. The word protein comes from a Greek word meaning "to take the first place," because the importance of this group of substances was early recognized.

Proteins occur in all living matter and are present in all natural food stuffs. Due to the fact that they are the chief constituents of living animal tissue, they are most plentiful in animal foods, such as meat, eggs, and fish.

Scientists have found proteins to be the most complicated substances ever studied. They have found that all proteins contain carbon, hydrogen, and oxygen, and many also contain phosphorus. Small quantities of other elements are found in certain proteins.

Proteins are used by the body for many purposes. They are necessary for growth in children, and they are necessary for the repair of worn-out tissues in adults. They cannot be replaced by any other food, although they are found in many animal foods, such as meat, milk and eggs. Milk is a valuable source of protein, and it is especially good for children.

Science has shown that there are thousands of different kinds of proteins varying in structure and in function. During the process of digestion, the proteins are decomposed into simpler substances, known as amino acids. These amino acids are then absorbed into the blood and are used by the body for many purposes.

A Pocket Submarine

Small Underwater Craft Valuable Addition To British Fleet

Britain's latest "secret weapon," now being tested in the Channel, is showing remarkable qualities of seaworthiness, which will make it a valuable addition to the submarine fleet.

The submarine, the H.M.S. Shark, is a mere pigmy compared with the great vessels of 1,500 tons which are now in service. She is barely 100 feet long, 24 feet broad, with a displacement of 670 tons. Yet she can "taxi" over 2,000 miles on the surface or, at full power, travel at a steady 16 miles per hour underwater.

For rapid diving she is unequalled by any other submarine. She can perform a crash dive in 30 seconds.

In the bows are mounted six tubes for discharging the powerful 21-inch torpedoes, a salvo of which would destroy any battleship afloat. On deck two small quick-firing guns are mounted for use against hostile aircraft or light surface patrols.

Eleven of these powerful and handy little submarines are to be built. They are intended chiefly for coast defence, but would be quite capable of undertaking operations farther afield if necessary. They have the additional advantage of being comparatively cheap, costing only about £50,000 each.

WOMAN'S AILMENTS

Mrs. Mary C. Kille of 148 Main St., Woodstock, Ont., says: "I was in a constant condition, I had completely exhausted myself, and I had frequent headaches. I reported the case to one of the Dr. Pierce's Female Pills, and after taking a box of them, I felt much better, and I was able to get on with my duties."

Write Dr. Pierce's Clinic, Buffalo, N. Y.

Get Pep Anyway

"Get Pep Pup"—heeding. Why not get "pepup"?—St. Thomas Times-Journal.

And after being pepup in the all-time customary manner just try saying "A pepup pep pup" and see what happens, says the Toronto Star.

Manichou is an independent state. He's matrimony.

A BARBER WHO HAD RHEUMATISM

Tells How He Carried On

A barber who had been a martyr to rheumatism for some time, for five years I was so affected that it was with the greatest difficulty I was able to get on my business. I would say I am a barber by trade. After having tried numerous remedies, I was finally advised to try Kruschen. I am now free from aches and pains that I have been for some ten years. In fact, I consider I am rid of rheumatism, thanks to Kruschen Salts.

Two of the ingredients of Kruschen Salts are the most effective solvent of uric acid known to medical science. They swiftly dull the sharp edges of uric acid crystals, then convert them into a harmless solution. Other ingredients of these Salts have a stimulating effect upon the kidneys and assist them to expel the dissolved uric residues through the natural channel.

Shut Off From World

Four Nuns Working Among Primitive Tribes Of Papua

The four lonehearted women in the world have passed through Port Moresby, Papua, on their way to what many must regard as a living grave.

They are nuns of the Carmelite Order. They have gone to spend the rest of their lives in the silence and seclusion of a remote mission built specially for them some 30 miles inland.

There these four white women, who have dedicated themselves to a life of prayer and work among the primitive tribes of Papua, will live shut off from the rest of the world. They will occupy separate cells, and meet each other only in their little chapel for liturgical services.

By the rules of their Order, they must eat no meat, wear no stockings and shoes, sleep on straw, not look into a mirror, and have no correspondence.

Day Of Thanksgiving

Special Services Requested In All Canadian Churches

The Canada Gazette carried a proclamation requesting special thanksgiving services in all Canadian churches May 5 and setting aside May 6, the 25th anniversary of King George's accession, as a day of general thanksgiving and rejoicing on the occasion of our silver jubilee.

The thanksgiving services on the Sunday before jubilee day were described as giving an opportunity for "appropriate expression of gratitude to Almighty God for the manifold blessings and great mercies which our loving subjects, the people of Canada, have enjoyed during our reign."

Canadian cattle to the number of 13,962 head, in 27 shipments, were exported direct to Glasgow during the year 1934, as compared with 11,238 in 1933 and 4,016 in 1932. The quality was also greatly improved.

The more people became civilized, the more they increase their capacity for suffering.

Be sure to get
Chantecler
CIGARETTE PAPERS
DOUBLE
Automatic Booklet
Pure Rice Paper—
Easier to handle—
no waste.
only 5¢
MADE IN CANADA
NONE FINER MADE

Lenin's Brain In Moscow

Now In 20,000 Pieces So Cells Can Be Examined

In Moscow, which has the largest collection of this sort in the world, the brains of the great and the abnormal are preserved.

Lenin's brain is there, and it is now in 20,000 pieces so that its cells can be examined.

And the curious thing is that it is in charge of a German brain specialist, without whose permission nobody may see it and who pays periodic visits to it from Germany.

Sir James H. Jeans, British astronomer, calculates that the sun is disintegrating at approximately 250,000,000 tons a minute.

An idiot, as defined by one writer, is the motorist who crashes into the rear end of your car when you stop suddenly without signalling.

London Zoo Takes Stock

Total Value Of Exhibits Is Forty Thousand Pounds

Stocktaking at the London Zoo has been completed, and it seems that the total value of all the animals, birds, and fish is about £40,000. First there is Moles and Mole, the young gorilla. Moles and Mole are worth £1,000 each. They come from Nepal and are very rare.

It is not wicker to kill a man with a pistol than it is to kill him with the poison of criminal gossip. A golden rooster of 500 A.D. has been uncovered in Turkey.

SCIENTISTS FIND FASTER WAY TO RELIEVE COLDS

Ache and Discomfort Eased Almost Instantly Now

When you have a cold, remember the simple treatment pictured here—Aspirin—almost instantly.

Because of Aspirin's quick-disintegrating property, Aspirin "dissolves"—almost instantly.

Just take Aspirin and drink plenty of water... every 2 to 4 hours the first day—less often afterward... If throat is sore, use the Aspirin gargle.

But be sure you get ASPIRIN. It is made in Canada and all druggists have it. Look for the name Bayer in the form of a cross on every Aspirin Tablet. Aspirin is the trade mark of the Bayer Company, Limited.

DOES NOT HARM THE HEART

3. If throat is sore, crush and stir in water. Take in a third of a glass of water and gargle. This eases the soreness in your throat almost instantly.

4. Aspirin Tablets in a third of a glass of water and gargle. This eases the soreness in your throat almost instantly.

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Arrowwood United Church

Rev. V. M. Gilbert, Minister

10.45 a.m. Church School
11.45 a.m. Morning Worship

Church of the Brethren
Rev. John Wiandt, Pastor
10.30 a.m. — Sunday School
11.30 a.m. — Morning Worship
7.30 p.m. — Evening Service.

**Clocks, Watches, Spectacles,
Sewing Machines,
Typewriters and Gramophones**
Cleaned and Repaired by
an Expert workman with
40 years' experience in
Factories, Etc.
If you are contemplating the purchase
of a new watch see me before doing so.
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Jeweler Arrowwood

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Licensed Nursing Home
Moderate Rates
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Barber - Arrowwood
Patronize Home Industry and
Keep the Money in Our
Own Town
Arrowwood Barber Shop

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ing at Arrowwood, Alberta.
All advertising and changes of
copy must be in our hands by Wed-
nesday noon.
Advertising rates furnished on
request.

NORMAN G. CARY.



Spring

Spring more than any of the
other four seasons calls forth
a kindly feeling, if we are to
judge by the many familiar
quotations which describe
spring as "gentle" or "sweet"
and associating this particular
season with "thoughts of love."

The housewife's feeling may
still be romantic but necessity
has given to her a practical
view of life. Spring time for
the housewife is a time for
cleaning is not what it was in
the old days—thank goodness
for that!

When floors were entirely
covered with carpets, carpets
well tacked down, when heavy
drapes adorned the windows
and furniture and when vacuum
cleaners were unknown, the
"storm troops" were called in
when rooms were to be given
a real cleaning. Now that houses
are differently furnished, and
in corsets and stuffed dresses.
The house was kept tightly
sealed against the cold and so
the people of those "good old
days" felt half-dead when

spring came and quite naturally
they thought that they needed
sulphur and molasses to free
them of winter's evils and mis-
spiration to purify their blood.
Spring would not have been
complete for them without
some decoction which could be
called a spring tonic.

Many people still live in the
past. They cling to the
idea that health can be found
in a bottle of medicine, that a
"tonic" takes the place of fresh
air, sunshine, exercise and prop-
er foods. Sunlight and fresh
air are the real spring tonics
and they cost nothing.

With the coming of spring
as much time as possible should
be spent in the open air and
sunshine. Start to walk all or
part of the way to work; take
a stroll outside at lunch time
and in this way get exercise,
fresh air and sunshine.

When resuming regular ex-
ercise, go at it slowly. Stop
before you are exhausted. Reg-
ulate your exercise according
to your age. For the child and
young adult, vigorous games
are good; after thirty, modera-
tion and avoidance of over-
strain are desirable.

The secret of good health lies
in a balanced diet, fresh air,
sufficient exercise and rest. Use
water freely inside and outside.
Secure regular elimination. Be
moderate in all things.

Supreme Court Justice Speaks

(Continued from page 1)

statistics show that four score
and five years ago the United
States was the most law-abid-
ing of the nations. Now it is
the most lawless country on
earth.

It takes whole pages in the
daily press to recount the
crimes of racketeers, gunmen,
gangsters, and other enemies of
society of the evening before.

The crime reports which the
Department of Justice at Wash-
ington issues quarterly show
the nation's crime bill to be
\$13,000,000,000 a year; 140,000
Americans are in prison, and
400,000 persons are regularly
engaged in criminal activities.
Last year 40,000 homes and
other places were burglarized
and more than \$100,000,000 were
lost through incendiary fires;
100,000 persons were assaulted
and 50,000 robbed. There were
534 hold-ups and a loss of \$3-
384,000. An inhabitant of the
United States is murdered every
forty-five minutes. Last year
the homicide rate was 10.7 per
100,000, or about 12,000 persons
murdered—the highest rate in
the civilized world. The annual
murder rate has increased 350%
since 1890. Startling as these
figures are, and paradoxical as
it may seem, there is no crime
wave in this country. The sta-
tistics do not make it a crime
wave, because there is nothing
new about them.

When Their Downfall Began

During my experience of
more than twenty-eight years
on the bench, I have passed
sentence on over 8,000 persons
convicted of crime. Very few
were members of or attendants
at any church or Sunday school.
However, the evil-doer realizes
the important relation of the
church to society and turns to
it for help when in danger of
being deprived of his liberty.

In 1910 Maria Rayne, after
conviction for kidnapping, when
asked her religion, responded:
"I do not know what the inside
of a church looks like."

An attorney, convicted of
robbery, said before going to
prison: "My downfall commenced
when I left the church."

A youth of eighteen years of
age, convicted of murder, said,
"My downward career started
when I stopped going to Sun-
day school."

Scores of young men convic-
ted of crime have declared the
first fatal step toward ruin was
leaving Sunday school. No
child can have a fair American
chance without religion. Chil-
dren cannot have too much
education based on the teach-
ings of Jesus.

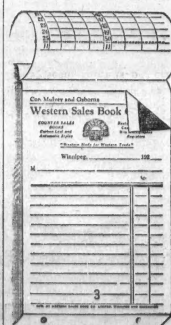
It is better to have insur-
ance and not need it
than to need it and not
have it. See Omer
Larsen

TRAIN SCHEDULE AT GLEICHEN

No. 1 Westbound	8.25 p.m.
No. 3 Westbound	5.45 a.m.
No. 2 Eastbound	4.31 a.m.
No. 4 Eastbound	7.05 p.m.

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West bound, Tues, Thurs, 1 pm
East bound, Wed, Fri, 1.30 pm.



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farmers secure good seed cheaply.

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Arrowwood

WAGIN' TUNG

Vol. 4, No. 31. Arrowwood, Mar. 28, 1935. Items for Thought

Center-Poise Riding in a



Passengers Located Close to Center of Car

Three major engineering principles combine to give
to the new Ford V-8 for 1935 what Ford engineers term
the "centro-poise" ride, according to Larsen Implements,
local Ford dealers.

These principles are: Correct spring suspension, in-
volving equality of front and rear spring flexibility.
Proper car weight balance and passenger weight
distribution.

Location of passengers close to centre of the car.
Utilization of these in combination as practiced by
Ford engineers, achieves for the new Ford V-8 remark-
able improvement in riding comfort without sacrifice of
either safety or stability.

Good Equipment Makes a Good Farmer Better

Larsen Implements

"House of Service"

ARROWWOOD and MOSSLEIGH

Now Ready!

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AT GOOD HOTELS

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